

## 2010 Central Michigan University Outdoor Men's Track and Field Scoreboard

3/26-27	Raleigh Relays	Non-scoring
4/3	Jack Shaw Invitational	2nd of 2; 50 pts
4/9-10	Sun Angel/Mesa Classic	Non-scoring
4/16	Lenny Lyles Invitational	3rd of 4; 43.5 pts
4/17	Dave Rankin Invitational	Non-scoring
4/22-24	Gina Relays Relays	Non-scoring
4/23-24	Sooner Invitational	Non-scoring
4/30-5/1	Jesse Owens Classic	Non-scoring
5/1	Stanford Invitational	Non-scoring
5/7-8	Len Paddock Invitational	Non-scoring
5/13-15	MAC Outdoor Championships	5th of 6; 97 pts
5/27-29	NCAA Regionals	
6/9-12	NCAA Outdoor Championship	

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### 2010 Season Top Times/Marks

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Event	Athlete	Distance/Time	Meet
<b>100m</b>	Kirkston Edwards	10.78	Lenny Lyles Invitational (4/16)
	Greg Knaus	10.91	Jesse Owens Classic (4/30)
	Nana Adomako	10.98	Lenny Lyles Invitational (4/16)
<b>200m</b>	Kirkston Edwards	21.51	Lenny Lyles Invitational (4/16)
	Dan Rau	21.76	Lenny Lyles Invitational (4/16)
	Greg Knaus	21.80	Lenny Lyles Invitational (4/16)
<b>400m</b>	Dave Ashcraft	47.86	Jesse Owens Classic (4/30)
	Chris Thomas	48.64	Raleigh Relays (3/26)
	Dan Rau	50.63	Jesse Owens Classic (4/30)
<b>800m</b>	Matt Erdmans	1:53.57	Jesse Owens Classic (4/30)
	Nathan Sanchez	1:54.14	Jesse Owens Classic (4/30)
	Nick Agosti	1:58.50	Jesse Owens Classic (4/30)
<b>1500m</b>	Nathan Sanchez	4:11.96	Raleigh Relays (3/26)
	Josh Kettlewell	4:50.29	MAC Outdoor Championships (5/13-15)
<b>5000m</b>	Riak Mabil	14:23.03	Stanford Invitational (5/1)
	Matt Lutzke	14:44.55	MAC Outdoor Championships (5/13-15)
	Sammy Kiprotich	14:52.18	MAC Outdoor Championships (5/13-15)
<b>10,000m</b>	Sammy Kiprotich	30:04.14	Gina Relays (4/22)
	Matt Lutzke	30:29.94	Raleigh Relays (3/26)
	Riak Mabil	30:41.85	MAC Outdoor Championships (5/13-15)
<b>110m Hurdles</b>	Renaldo Powell	14.79	Lenny Lyles Invitational (4/16)
	Josh Kettlewell	15.30	MAC Outdoor Championships (5/13-15)
<b>400m Hurdles</b>	Branden Post	52.40	MAC Outdoor Championships (5/13-15)
	Renaldo Powell	53.12	Lenny Lyles Invitational (4/16)
<b>4x100m Relay</b>	CMU 'A'	41.89	Raleigh Relays (3/26)
<b>4x400m Relay</b>	CMU 'A'	3:15.78	Lenny Lyles Invitational (4/16)
<b>Steeplechase</b>	Cory Arnold	9:29.26	Jesse Owens Classic (4/30)
	Chris Pankow	9:33.49	Gina Relays (4/22)
	Wade Buchs	10:22.80	Lenny Lyles Invitational (4/16)
<b>High Jump</b>	Kevin Bacon	6-8	Lenny Lyles Invitational (4/16)
	Andrew Kruskamp	6-7	MAC Outdoor Championships (5/13-15)
	Jacob McDonald	6-6	Jack Shaw Invitational (4/3)
<b>Long Jump</b>	Kevin Bacon	23-4 3/4	Raleigh Relays (3/26)
	Josh Kettlewell	21-7 1/2	Gina Relays (4/22)
	Mike Mcgregor	20-9	Lenny Lyles Invitational (4/16)
<b>Triple Jump</b>	Kevin Bacon	41-11 1/4	Raleigh Relays (3/26)

School Records in **BOLD**

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<b>Shot Put</b>	Alex Rose	53-10 1/2	MAC Outdoor Championships (5/13-15)
	George Flanner	52-0 1/2	Toledo Invitational (4/30)
	John Calvert	50-11 1/2	Raleigh Relays (3/26)
<b>Discus</b>	Greg Pilling	187-3	MAC Outdoor Championships (5/13-15)
	Alex Rose	181-3	Len Paddock Invitational (5/7-8)
	Kevin Mays	166-6	MAC Outdoor Championships (5/13-15)
<b>Hammer</b>	Greg Pilling	187-3	MAC Outdoor Championships (5/13-15)
	Ryan McCullough	177-8	MAC Outdoor Championships (5/13-15)
	Kevin Mays	176-7	MAC Outdoor Championships (5/13-15)
<b>Javelin</b>	Josh Kettlewell	150-3	Gina Relays (4/22)
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<b>Decathlon</b>	Josh Kettlewell	6,522 points	Gina Relays (4/22)
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<b>Pole Vault</b>	Marcus Breidinger	17-2 3/4	Mesa Classic (4/9)
	Josh Kettlewell	16-6 3/4	MAC Outdoor Championships (5/13-15)
	Mike McGregor	16-2 3/4	Len Paddock Invitational (5/7-8)